



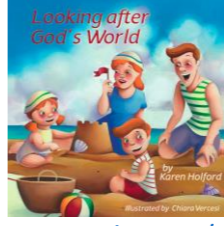



To give **children the knowledge, skills and understanding that they need to stay healthy and safe, develop worthwhile relationships, respect differences, develop independence and responsibility, make the most of their own abilities and those of others.**

PSHE		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		To recognise choices, to identify new beginnings and recognise how we can cope with change.	To understand what health and hygiene is and demonstrate how they can keep healthy.	To understand their own feelings and learn from experiences. To recognise, name and deal with their feelings in a positive way; to think about themselves, learn from their experiences and recognise what they are good at; to know how to set a simple goal; to recognise how their behaviour affects other people	Know what improves and harms their local, natural and built environments and about some of the ways people look after them	To understand the dangers in the home and how we can deal with dangers. E.g. burns, cuts, slips, trips, cleaning products etc.	To understand what money is and that it needs to be looked after.
		<u>New beginnings (SEAL) Lucinda & Godfrey first day at school, friends</u> To know own address Dental Hygiene- St Peter's Y2 26.9.22 School Nurse	<u>Lucinda & Godfrey Relationships- SRE- Health and Hygiene- The smell monster (washing hands, germs) Road safety week November</u> RHE: the importance of personal hygiene and germs including bacteria, viruses and how they are spread and treated, and the importance of handwashing  	<u>Good to be me - including going for goals - SEAL</u> <u>Tying shoelaces, button coats</u> Let's talk PANTS- NSPCC Nspcc.org.uk/pants-teaching Dedicated lessons 2-3  Clever Never goes School Nurse ELwick- Y1 9.1.23 Y2 16.1.23	<u>Elwick-Looking after God's world</u> <u>Hart- Looking after our environment- recycling- know how to post a letter</u>   https://www.youtube.com/watch?v=0-JLYe9CICw	<u>Safety in the home- fire safety (smoke alarms- ask Firefighters in)</u> Incorporate water safety Poisons- School Nurse Elwick 16.5.23	<u>Money Matters- KS1 Unit</u>  When planning please make sure the units from Money matters are objective driven and not just activities. Planning for Money Matters from the units in PSHE planning file. School Nurse Elwick Healthy Eating 13.6.23
Cycle A	Year 1	to recognise what they like and dislike, what is fair and unfair, and what is right and wrong; to recognise, name and deal with their feelings in a positive way to think about themselves, learn from their experiences and recognise what they are good at; how to set a simple goal (Year 2);	To understand what health and hygiene is To understand how we can keep hygienic To understand how to keep healthy	to recognise, name and deal with their feelings in a positive way; to think about themselves, learn from their experiences and recognise what they are good at; 1e) how to set realistic goals that can be achieved & understand how small steps are taken for achieving goals, to contribute to the life of the class and the school; to listen to other people and work and play cooperatively; to identify and respect the differences and similarities between people; to consider social and moral dilemmas that they come across in everyday life.	To understand what we mean by God's world To know what the environment is and how we can look after it To understand what we can do to help To explain what's important in Gods world To know how humans effect the environment To explain what we can do to help	To understand that homes are safe but can have dangers in them To understand what dangers can be in the home and how we can deal with them. T understand what smoke alarms do and what to do if it goes off	L10. what money is; forms that money comes in; that money comes from different sources L15. that jobs help people to earn money to pay for things L16. different jobs that people they know or people who work in the community do L13. that money needs to be looked after; different ways of doing this. L11. that people make different choices about how to save and spend money L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want L17- about some of the strengths & interest someone might need to do different jobs

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	Year 2	<p>to recognise choices they can make, and the difference between right and wrong; to agree and follow rules for their group and classroom, and to understand how rules help them; to realise that people and other living things have needs ,and that they have responsibilities to meet them; that they belong to various groups and communities, such as family and school; to contribute to the life of the class and the school; to recognise how their behaviour affects other people; to listen to other people and work and play cooperatively; to identify and respect the differences and similarities between people; that family and friends should care for each other.</p>	<p>To be able to explain what health and hygiene is To understand the importance of being hygienic To understand and explain why it is important to keep healthy</p>	<p>As above plus- to recognise, name and deal with their feelings in a positive way; to think about themselves, learn from their experiences and recognise what they are good at; about the process of growing from young to old and how people's needs change</p> <p>To set realistic goals and identify how they will reach it To set out small steps for the goal</p>		<p>To explain what dangers can be in the home How can we stay away from danger or help if e are in a dangerous situation in the home How we can keep safe with smoke alarms and look after them properly.</p>	
Cycle B		<p>Recognise and deal with feeling sad, happy, angry or annoyed, jealous and nervous</p>	<p>Improve communication, listening to other. Who can help us and say what we want to say?</p>	<p>How to keep a friend. Deal with loneliness and rejections. How to resolve conflicts with friends and how to make friends.</p>	<p>How to recognise good solutions. Deal with bullies and solve problems. Helping others to resolve conflicts.</p>	<p>Change and loss are part of me. Coping with death Visit to the graveyard. Learning from change and loss.</p>	<p>Different ways to cope. How to help others. Adapting to new situations. Celebrating together.</p>
		<p><u>Zippy's Friends- Feelings</u></p>	<p><u>Zippy's Friends-Communication road safety week November</u></p> <p>RHE: To introduce the NSPCC, their role for helping children How to report concerns or abuse & the vocabulary needed to do so. Traffic light system (See RHE matrix for explanation)</p> <p>Speak out, stay safe assembly by NSPCC https://learning.nspcc.org.uk/services/speak-out-stay-safe-online-resources-202122</p>	<p><u>Zippy's Friends-Making and breaking relationships</u></p>	<p><u>Zippy's Frnds- Conflict resolution</u></p>	<p><u>Zippy's Friends-Dealing with change and loss</u></p>	<p><u>Zippy's Friends-We cope</u></p>
	Year 1	<p>Draw something that makes us happy/sad explaining to class Explain what we can do to make ourselves feel better. What can we do when we feel angry? Explain when they have been jealous. Understand what makes us nervous and that everyone gets nervous.</p>	<p>Name 2 steps to good communication. Express how they feel in a situation. How do we know when people aren't listening to us? Why is it difficult to ask for help sometimes? How do we say what we want to say?</p>	<p>Explain what a friend is. How can we take care of our friendships? How can we feel better when we are lonely and how can we help someone who feels lonely? Explain how we can make new friends.</p>	<p>How can we find good solutions to problems? To begin to understand what bullying is using the school's STOP System and the 4 types of bullying Explain how we can calm down in bad situations. How can we help friends solve problems. To know who to go to for support</p>	<p>To know that there are positive and negative changes happening all the time. To understand what happens when we die. To understand how visiting a graveyard can help. To know 2 ways they can help a friend with loss.</p>	<p>How can we accept a situation and find a way of making ourselves happy? To remember ways we can help others. Name ways we can adapt to situations. To review what they have learned and celebrate.</p>

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	Year 2	<p>Write short explanation of what makes us happy/sad Think of 1 situation and explain how they made themselves feel better. Explain using feeling cards a solution to problems Explain what jealousy is and when they have been jealous Explain a nervous situation and what we can do to stop.</p>	<p>Name 4 steps to good communication. Explain how they feel and why they are feeling that way. Explain how we show someone that we are listening. When, where and why could we find it difficult to ask for help? Why is it difficult to say what we want to say?</p>	<p>What can we do to keep our friends? Explain how we take care of our friends? How can we deal with loneliness? Give options from a scenario about helping people when they are lonely. Explain why we would want to make new friends and how.</p>	<p>Explain the 2 steps to finding a good solution. To understand what bullying is using the school's STOP and 4 types of bullying Explain what a bully is and why the person being bullied may not want to talk about their problem. Give step by step guide to calming down and explain each step. Explain how they have helped a friend with a conflict and what they did. To know who to go to for support</p>	<p>To explain positive changes and negative changes in their lives. To understand it takes a long time to feel better, but we will. To understand why people want to visit a grave yard. To name 5 ways they can help their friends with loss.</p>	<p>To understand that some situations we cannot change but can explain how make it better. To explain all points learnt from previous topics on ways we can help others. Name ways that they can adapt in situations. To review what they have learned and celebrate</p>
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